

Vegetarian Stuffed Peppers

Makes: 8 servings

Ingredients

4 bell pepper (red or green)
2 cups cherry tomatoes
1 onion (medium)
1 cup basil leaves (fresh)
3 garlic clove
2 teaspoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	7 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	95 mg	4%